Invasion Game Strategies - Home Assessment

**Directions:** Without flipping the paper to the backside, check your ability to identify these Invasion Game skills and strategies. Use a black pen to do your initial assessment. When finished, analyze this data to decide which information needs more studying or **practice in order to make permanent**. Use a different colored pen or a pencil to complete the worksheet.

Student’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_\_\_\_ ABC DEF

**List as many Invasion Games as you can…**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**10. Draw a diagram depicting the dynamics of the ‘Give and Go’ offensive strategy.**

**Name two common defensive strategies used in Invasion Games.**

**11.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 12.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**13. If the skills of our teammates match the skills of our opponents, which defensive strategy should we use?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**14. Why would a team use a ‘zone defense’?**

**Stretch it Out**

**Directions: Match the description of the stretching exercise with the corresponding muscles.**

\_\_\_\_\_1. Stand with feet together, knees locked, bend at waist while reaching for the floor

1. deltoids
2. gastrocnemius
3. latissimus dorsi
4. quadriceps
5. abdominals, obliques

and lumbar

1. hamstrings

\_\_\_\_\_2. Grab the shoelace of one foot and pull it up to the same side hip

\_\_\_\_\_3. Hands on floor, hips up high, with only one foot on floor (an inverted V shape with your body), push your body weight back until your heel is flat on the floor

\_\_\_\_\_4. While sitting with one leg out and one leg over top the other, twist your core until your back cracks

\_\_\_\_\_5. Pull one arm across your chest, use the opposite arm to pull

\_\_\_\_\_6. Put one arm over the top of head/ behind neck, pulling at elbow with opposite arm

# Invasion Games his is a featured page- The Basics

**General Information**   
Invasion Games are fast paced team sports in which the purpose is to invade the opponent’s territory trying to score points at the same time keeping the opposing team's points to a minimum. These include sports where the ball is being carried or caught across a line, thrown or shot into a target, or struck with a stick or foot into a specific target area. There is a lot of strategy necessary in being successful in these types of games. Some popular Invasion Games include:

Football Basketball Ice Hockey Soccer Lacrosse Ultimate Frisbee Polo

Field Hockey Team Handball Water Polo Rugby Flickerball

**Transferable Skills**   
The following is a list of some skills that are common among most, if not all Invasion Games.

* **Passing and Shooting:** For example, throwing a ball or a disk, kicking a ball or passing a puck, or ball with the appropriate apparatus.
* **Receiving:** For example, catching with the hands, cradling a ball with the feet, or receiving an object with a stick. This is also known as trapping.
* **Dodging:** Dodging typically refers to an offensive player finding open space, making sure not to collide with other players or objects.
* **Footwork / Traveling in multiple directions:** An important part on both the offensive and defensive side of these games is being **agile**; going forwards, backwards, to either side, and to all diagonals.
* **Acceleration:** Being able to vary your speed is critical. Short bursts of speed are essential.
* **Anticipation:** Anticipating the opponents next move can be extremely valuable when playing defense in these types of games.

**Strategies common to all Invasion Games**   
  
**Offensive Strategies**

The ‘Give and Go’ is considered to be the greatest of all offensive strategies used in any Invasion Games at all of levels of play. It starts with an offensive player, who is in possession of the ball/ puck, passing to their teammate. This pass is the ‘give’. As soon as the object is passed to your teammate, you need to move forward toward the goal. This is the ‘go’.

**Defensive Strategies**

There are two common defensive strategies used in Invasion Games. They are the ‘man-to-man’ defense and the ‘zone’ defense.

The ‘**Man-to-Man’** defense is best utilized when your player’s skills match that of your opponents. In ‘man-to-man’, you are designated to cover one person. You need to stay with that person and take away their space, wherever they go.

When your skills do not match that of your opponents, you should play a ‘**zone’** defense. You are designated to cover a specific area, or, zone. If anyone comes into your zone, you take away their space.

A rhyme we use to remember how to play defense in Invasion Games goes like this…**Get in their face and take away their space.**